

# Karen J. Sherman, Ph.D., MPH

## CURRICULUM VITAE

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## EDUCATION

MPH (Epidemiology), University of Washington, Seattle, WA, 1986.

Ph.D. (Behavioral Biology), Cornell University, Ithaca, NY, 1983.

BS with High Honors (Biological Sciences), Indiana University, Bloomington, IN, 1976.

## PROFESSIONAL POSITIONS

### **Current:**

Affiliate Professor, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, July 2014 – current.

Senior Scientific Investigator, Kaiser Permanente Washington Health Research Institute (formerly Group Health Research Institute), Kaiser Permanente Washington (formerly Group Health Cooperative), Seattle, WA, April 2008 – present.

### **Past:**

Affiliate Associate Professor, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, July 2007 – June 2014.

Associate Scientific Investigator, Group Health Research Institute, Group Health Cooperative, Seattle, WA, March 2002 – April 2008.

Affiliate Research Associate Professor, Bastyr University, January 2002 – 2006.

Assistant Scientific Investigator, Group Health Research Institute (formerly Center for Health Studies), Group Health Cooperative, Seattle, WA, December 2000 – March 2002.

Affiliate Assistant Professor, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, May 1996 – June 2007.

Research Director and Faculty Member, Northwest Institute of Acupuncture and Oriental Medicine, Seattle, WA, January 1996 – December 2000.

Assistant Member, Division of Public Health Sciences, The Fred Hutchinson Cancer Research Center, Seattle, Washington, April 1991 – August 1993.

Assistant Professor, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, December 1989 -- August 1993.

Clinical Instructor, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, November 1986 -- November 1989.

Staff Scientist, Division of Public Health Sciences, The Fred Hutchinson Cancer Research Center, Seattle, Washington, June 1986 -- March 1991.

Post-doctoral Trainee, Department of Epidemiology, School of Public Health and Community Medicine, University of Washington, Seattle, Washington, 1983 -- May 1986.

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## **HONORS AND AWARDS**

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Phi Beta Kappa, Indiana University, 1975.

Elizabeth and Fernandus Payne Award for Outstanding Biology Student, Indiana University, 1975 - 1976.

National Research Service Award, National Cancer Institute and University of Washington, 1983 - 1986.

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## **OTHER PROFESSIONAL ACTIVITIES**

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### **Advisory Boards**

Member, Advisory Committee, Brenneke School of Massage, 2005, 2007

Member, International Advisory Board, Cochrane Complementary Medicine Field, 2018-2023.

### **Committees**

Member, FHCRC Institutional Review Board, 1990 to 1992.

Member, Bastyr University Research Infrastructure Review Group, 2000 – 2001.

Member, CHS Subcommittee on Updates to Confidentiality Procedures, 2001.

Member, CHS Search Committee for Cancer Outcomes Researcher, 2001.

Member, CHS Advisory Board on Investigator Reviews and Performance Appraisals, 2001-2002.

Co-Chair, Society for Acupuncture Research Meeting, Seattle, Washington, 2002.

Member, Bastyr University T32 Training Grant Executive Committee, 2005.

Member, CHS Faculty Workgroup on Diversity in GHC Populations, 2004.

Member, Bastyr University T32 Training Grant Executive Committee, 2001 – 2005.

Member, CHS 20th Anniversary Program Planning Committee, 2003.

Member, CHS Clinic Manager Search Committee, 2003 – 2004.

Member, CHS Faculty Retreat Planning Committee, 2006.

Member, Steering Committee of Acupuncture Trialist Collaboration, 2007-current.

Co - Chair, Research Component (Workshop, Oral Presentations and Poster Sessions) for Symposium on Yoga Therapy and Research, (held in Los Angeles, March 2008), 2007-2008

Co-Chair, Clinical Abstract Review Committee, North American Conference on Complementary and Integrative Medicine (Minneapolis, MN, May 2009), 2008-2009.

Member, CHS Clinic Manager Search Committee, 2008.

Member, CHS Workgroup on Faculty Focus Areas, 2008-2009.

- Chair, Scientific Advisory Committee, Highlighting Massage Therapy in CIM Research (Seattle, WA May 2010), 2009–2010.
- Standing Member, Data and Safety Monitoring Committee, Palmer College Developmental Center for Clinical and Translational Science in Chiropractic, 2009 - present.
- Scientific Policy Committee, Group Health Research Institute, 10/2010-9/2012 (Co-Chair, 10/2011-9/2012)
- Standing Member, Data and Safety Monitoring Committee, Effects of Health-Promoting Programs on CVD Risk: the Jackson Heart Study, U Mississippi, 2012 – 2015.
- Safety Monitor, Use of Acupuncture for Chronic Pain Within An Integrated Health Plan, Center for Health Research, Kaiser Northwest, Portland, 2011 – 2016
- Co-Chair, Clinical Abstract Review Committee, International Research Congress on Complementary and Integrative Medicine (Portland, May 2012), 2011-2012.
- Member, Program Committee, International Research Congress on Complementary and Integrative Medicine (held in Miami, May 2014), 2012-2014.
- Member, Planning Committee, International Massage Therapy Research Conference (IMTRC) (held in Seattle, May 2016), 2015-2016.
- Chair, Data and Safety Monitoring Committee, Predicting Analgesic Response to Acupuncture – A Practical Approach. K23 Project, Jiang-Ti Kong, Stanford University, 2016-2018.

### **Grant Reviewer**

1. Ad-hoc Grant Reviewer, Developmental Research Awards in Alternative Medicine for AIDS Research, Bastyr University AIDS Research Center, November 1995.
2. Special Reviewer, Acupuncture Research, Agency for Health Care Policy and Research, November 1998.
3. Ad-hoc Grant Reviewer, Special Study Section for the Review of Center Grant Applications, National Center for Complementary and Alternative Medicine, National Institutes of Health, June 1999.
4. Ad-hoc Grant Reviewer, Alternative Medicine. Prevention Research Centers Program, Centers for Disease Control and Prevention, July 2000.
5. Ad-hoc Grant Reviewer, Special Study Section for the Review of Cancer Center Pilot CAM Grants, National Cancer Institute, February 2001.
6. Ad-hoc Grant Reviewer, Oregon Center for Complementary and Alternative Medicine Developmental Grants, April 2001.
7. Ad-hoc Reviewer of Proposal for a Complementary and Alternative Medicine Research Center, Max Bell Foundation, Calgary, Alberta, July 2001.
8. Ad-hoc Grant Reviewer, Special Emphasis Panel for Small Business Innovation Research in Rehabilitation Medicine, November 2001.
9. Ad-hoc Reviewer, Special Study Section for the Review of Training and Manpower CAM Grants, National Cancer Institute, June 2002; June 2003; November 2004; November 2005
10. Ad-hoc Reviewer for Yoga Proposal, Goldman Philanthropic Partnerships, Deerfield, IL 60015
11. Ad-hoc Reviewer for Department of Health Complementary and Alternative Medicine National Post Doctoral Awards, Department of Health R&D Programme, UK (2/03)
12. Ad-hoc Reviewer for Wellcome Trust, UK, February 2004
13. Ad-hoc Reviewer for Internet Assisted Review of Loan Repayment Program Applications of interest to NCCAM, April 2005
14. Ad-hoc Reviewer for Veterans Administration Merit Review: May 2005; Sept 2005.

15. Ad-hoc Reviewer for Ad-hoc Reviewer for NIH trans-NIH Program Announcement (PAR-05-077) Research Partnerships for Improving Functional Outcomes, March 2006
16. Ad hoc Reviewer for Reviewer for CRN Pilot Activity Fund, Cancer Research Network, February, 2008.
17. Ad-hoc Reviewer for Special Emphasis Panel, National Center for Complementary and Alternative Medicine, National Institutes of Health, November, 2008.
18. Ad-hoc Reviewer for Centers of Excellence for Research on CAM Center Grants, National Institutes of Health, November-December, 2010.
19. Ad-hoc Reviewer for Arthritis Research Foundation, UK, January 2011.
20. Ad-hoc Reviewer for Special Emphasis Panel, National Institutes of Health, May, 2011.
21. Ad-hoc Reviewer for Assessment of Prevention, Diagnosis, and Treatment Options. Patient Centered Outcomes Research Institute, Phase I, Technical and Merit Reviewer, September, 2012.
22. Ad-hoc Reviewer for Neurological, Aging and Musculoskeletal Epidemiology (NAME) Study Section, NIH, 2017.
23. Ad-hoc Reviewer for Special Emphasis Panel, National Center for Complementary and Integrative Health, National Institutes of Health, November, 2017, March, July 2018.

### **Editorial Boards and Editorial Responsibilities**

Alternative Therapies in Health and Medicine [Methodology Editor] (2010 – 2011)  
Biomed Central Complementary and Alternative Medicine [Clinical Research, Section Editor] (2011 – 2015)  
Cochrane Back Review Group [Associate Editorial Board] (2007-present)  
Complementary Therapies in Medicine [International Advisory Board] (2015-present)  
European Journal of Integrative Medicine [Editorial Board] (2013-present)  
Evidence-Based Complementary and Alternative Medicine [Editorial Board] (2012 – present)  
Guest Co-Editor, 2012 Special Issue: Yoga as a Therapeutic Intervention, Evidence-based Complementary and Alternative Medicine  
FACT (Focus on Alternative and Complementary Therapies) [International Editorial Board] (2001 – 2016, journal ceased publication)  
Global Advances in Health and Medicine [Editorial Board] (2017 – present)  
International Journal of Therapeutic Massage and Bodywork [Manuscript Review Board] (2008 – 2016)  
International Journal of Yoga Therapy [Editorial Board] (2005 – 2015)  
Journal of Alternative and Complementary Medicine [Editorial Board] (2018-present)

### **Manuscript Referee**

Acupuncture in Medicine  
Aging Health  
Alternative Therapies in Health and Medicine  
American Journal of Epidemiology  
American Journal of Obstetrics and Gynecology  
American Journal of Preventive Medicine

American Journal of Public Health  
Annals of Family Medicine  
Annals of Internal Medicine  
Archives of General Psychiatry  
Archives of Internal Medicine/JAMA Internal Medicine  
Archives of Physical Medicine and Rehabilitation  
Arthritis Care and Research  
Biomed Central Complementary and Alternative Medicine  
Biomed Central Geriatrics  
Biomed Central Health Services  
Biomed Central Musculoskeletal Pain  
Canadian Medical Association Journal  
Cancer Epidemiology, Biomarkers, and Prevention  
Cancer Control  
Chiropractic and Osteopathy  
Clinical Journal of Pain  
Cochrane Reviews (Back Group)  
Complementary Therapies in Medicine  
European Journal of Pain  
Evidence Based Complementary and Alternative Medicine  
Global Advances in Health and Medicine  
International Association of Yoga Therapy Journal  
International Journal of Clinical Practice  
International Journal of Cardiology  
International Journal of the Psychology of Religion  
Journal of Alternative and Complementary Medicine  
Journal of the American Board of Family Practice  
Journal of the American Geriatrics Society  
Journal of the American Medical Association  
Journal of Diabetes and Its Complications  
Journal of General Internal Medicine  
Journal of Musculoskeletal Medicine  
Journal of Orofacial Pain  
Journal of Pain  
Journal of Pain and Symptom Management  
Journal of Psychosomatic Medicine  
Mayo Clinic Proceedings  
Permanente Journal  
Physiotherapy Research International  
Rheumatology  
Spine

**Other Professional Responsibilities and Service Activities**

Invited Participant, Trans NIH Meditation Workshop, July 2008 [Purpose was to advise NIH on an appropriate agenda for research on meditation.]

Member, Technical Expert Panel for AHRQ and NCCAM Project: Review of CAM Treatments for Low Back Pain. 2008-2009.

Invited Participant, Workshop on Control/Comparison Groups for Trials of Non-Pharmacologic Interventions. National Institutes of Health, Bethesda, MD, April 2010 [Purpose was to advise NCCAM/NIH on methodological issues related to comparison groups in trials of non-pharmacological therapies]

Invited Workshop Participant. Workshop on Acupuncture for Treatment of Acute Pain. Department of Defense – National Institutes of Health. Bethesda, MD, February 2011.

Member, Technical Expert Panel, Evidence Report on Meditation Programs for Stress and Well-being, Johns Hopkins Evidence-based Practice Center (Commissioned by AHRQ Effective Health Care Program), 2012 – January 2013.

Member, Technical Expert Panel, Evidence Map of Yoga for High-Impact Conditions Affecting Veterans. Evidence-based Synthesis Program for the Durham VAMC Durham, NC. 2014.

Participant, PCORI Stakeholder Panel re Mindfulness Interventions. Duke Evidence Synthesis Group to assist PCORI in identifying the most important evidence gaps. 2014.

Member, Expert Panel for Chronic Pain Breakthrough Collaborative, Samueli Institute, January 2015.

Member, Expert Panel for Spinal Manipulation/Mobilization for Chronic Lower Back Pain. RAND Corporation, March 2015 and December 2017.

Invited Expert Reviewer, draft report entitled "Noninvasive Treatments for Low Back Pain." (EHC-2014-11-0076) AHRQ, April, 2015.

Invited Expert Reviewer, draft report entitled "Noninvasive, Non-pharmacological Treatment for Chronic Pain: A Systematic Review." (EHC-2017-06-0020.R1) AHRQ, December, 2017.

Member, Expert Panel for Spinal Manipulation/Mobilization for Chronic Lower Back Pain. RAND Corporation, December, 2017.

Participant, Virtual CIH Research Summit, VA and NIH, April 17-18, 2018.

### **Memberships in Professional Societies**

American Public Health Association

International Society for Complementary Medicine Research

International Society for the Study of Pain

Society for Acupuncture Research, Board of Directors, 1998 – 2007 (Treasurer: 2004 – 2007)

Society of Behavioral Medicine  
Society for Epidemiologic Research

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## BIBLIOGRAPHY

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### **Peer Reviewed Journals**

*\* indicates Primary Mentor of first author*

1. **Sherman KJ**: The adaptive significance of postcopulatory mate guarding in a dragonfly, *Pachydiplax longipennis*. Anim Behav 1983;31:1107-15.
2. Daling JR, Weiss NS, **Sherman KJ**. History of genital warts in a selected population. Lancet 1984;1:158.
3. Buskirk RE, **Sherman KJ**. The influence of larval ecology on oviposition and mating strategies in dragonflies. Fla Entomol 1985;68:39-51.
4. Daling JR, **Sherman KJ**, Weiss NS. Risk factors for condyloma acuminatum in women. Sex Transm Dis 1986;13(1):16-18.
5. **Sherman KJ**, Daling JR, Weiss NS. Sexually transmitted diseases and tubal infertility. Sex Transm Dis 1987;14:12-16.
6. Daling JR, Weiss NS, Hislop TG, Maden C, Coates RJ, **Sherman KJ**, Ashley RL, Beagrie M, Ryan JA, Corey L. Sexual practices, sexually transmitted diseases, and the incidence of anal cancer. New Engl J Med 1987;317:973-77.
7. **Sherman KJ**, Chow WH, Daling JR, Weiss NS. Sexually transmitted diseases and the risk of tubal pregnancy. J Reprod Med 1988;33:30-4.
8. Beckmann AM, Kiviat NB, Daling JR, **Sherman KJ**, McDougall JK. Human papillomavirus type 16 in multifocal cancers of the female genital tract. Int J Gynecol Pathol 1988;7:39-47.
9. **Sherman KJ**, Daling JR, Chu J, McKnight B, Weiss NS. Multiple primary tumors in women with vulvar neoplasms: a case-control study. Br J Cancer 1988;57:423-7.
10. Beckmann AM, Daling JR, **Sherman KJ**, Maden C, Miller BA, Coates RJ, Kiviat NB, Myerson D, Weiss NS, Hislop TG, Beagrie M, McDougall JK. Human papillomavirus infection and anal cancer. Int J Cancer 1989;43:1042-9.
11. **Sherman KJ**, Daling JR, Chu J, Stergachis A, Weiss NS, Foy HM, Wang SP, Grayston TJ. Sexually transmitted diseases and tubal pregnancy. Sex Transm Dis 1990;17:115-21.
12. **Sherman KJ**, Daling JR, Weiss NS, Ashley R, Corey L. Genital warts, other sexually transmitted diseases, and vulvar cancer. Epidemiol 1991;2:257-62.

13. Beckmann AM, **Sherman KJ**, Myerson D, Daling JR, Galloway DA, McDougall JK. Comparative virologic studies of condylomata acuminata reveal a lack of dual infections with human papillomaviruses. J Infect Dis 1991;163:393-6.
14. Beckmann AM, Acker R, Christianson A, **Sherman KJ**. Human papillomavirus infection in women with multicentric squamous neoplasia of the anogenital region. Am J Obstet Gynecol 1991;165 (5pt 1):1431-7.
15. Beckmann AM, **Sherman KJ**, Saran L, Weiss NS. Genital-type human papillomavirus is not associated with surface epithelial ovarian carcinoma. Gynecol Oncol 1991;43:247-51.
16. Daling JR, **Sherman KJ**, Hislop TG, Maden C, Mandelson MT, Beckmann AM, Weiss NS. Cigarette smoking and the risk of anogenital cancer. Am J Epidemiol 1992;135:180-9.
17. Mandelson MT, Jenison SA, **Sherman KJ**, Valentine JM, McKnight B, Daling JR, Galloway DA. The association of human papillomavirus antibodies with cervical cancer risk. Cancer Epidemiol Biomarkers Prev 1992;1:281-6.
18. Maden C, Beckmann AM, Thomas DB, McKnight B, **Sherman KJ**, Ashley RL, Corey L, Daling JR. Human papillomaviruses, herpes simplex viruses, and the risk of oral cancer in men. Am J Epidemiol 1992;135:1093-1102.
19. Maden C, **Sherman KJ**, Beckmann AM, Hislop TG, Teh C-Z, Ashley RL, Daling JR. History of circumcision, medical conditions, and sexual activity, and the risk of penile cancer. J Natl Cancer Inst 1993;85:19-24.
20. **Sherman KJ**, Daling JR, McKnight B, Chu J. Hormonal factors in vulvar cancer. J Reprod Med 1994; 39:857-61.
21. Bairati I, **Sherman KJ**, McKnight B, Habel LA, Van Den Eeden SK, Stergachis A. Diet and genital warts: a case-control study. Sex Transm Dis 1994;21:149-54.
22. **Sherman KJ**. Characteristics and complaints of patients seeking acupuncture therapy. J Alt Complement Med 1997;3:212.
23. Habel LA, Van Den Eeden SK, **Sherman KJ**, McKnight B, Stergachis A, Daling JR. Risk factors for incident and recurrent condylomata acuminata among women: a population-based study. Sex Trans Dis 1998;25:285-92.
24. Van Den Eeden SK, Habel LA, **Sherman KJ**, McKnight B, Stergachis A, Daling JR. Risk factors for incident and recurrent condylomata acuminata among men: a population-based study. Sex Trans Dis 1998; 25:278-84.
25. Birch S, **Sherman K**. Zhong Yi acupuncture and low back pain: Traditional Chinese medical acupuncture differential diagnosis and treatments for chronic lumbar pain. J Alt Complement Med 1999;5 (5):415-25.



26. Cherkin DC, Eisenberg D, **Sherman KJ**, Barlow W, Kaptchuk TJ, Street J, Deyo RA. A randomized trial comparing Traditional Chinese Medical Acupuncture, Therapeutic Massage and Self-Care education for chronic low back pain. Arch Intern Med 2001;161:1081-8.
27. Kalauokalani D, **Sherman K**, Cherkin D. Acupuncture for chronic low back pain: Diagnosis and treatment patterns among acupuncturists evaluating the same patient. South Med J 2001;94(5):486-92.
28. Kalauokalani D, Cherkin DC, **Sherman KJ**, Koepsell TD, Deyo RA. Lessons from a trial of acupuncture and massage for low back pain: Patient expectations and treatment effects. Spine 2001, 26:1418-24.
29. Hogeboom CJ, **Sherman KJ**, Cherkin DC. Variation in diagnosis and treatment of chronic low back pain by traditional Chinese medicine acupuncturists. Complement Ther Med 2001;9:154-66.
30. **Sherman KJ**, Hogeboom CJ, Cherkin DC. How Traditional Chinese Medicine Acupuncturists would Diagnose and Treat Chronic Low Back Pain: Results of a Survey of Licensed Acupuncturists in Washington State. Complement Ther Med 2001;9:146-53.
31. **Sherman KJ**, Cherkin DC, Hogeboom CJ. The diagnosis and treatment of patients with chronic low back pain by Traditional Chinese Medical acupuncturists. J Altern Complement Med 2001;7:641-50.
32. **Sherman KJ**, Hogeboom CJ, Cherkin DC, Deyo RA. Description and validation of a non-invasive placebo acupuncture procedure. J Altern Complement Med 2002;8(1):11-19.
33. Cherkin DC, Deyo RA, **Sherman KJ**, Hart LG, Street JH, Hrbek A, Cramer E, Milliman B, Booker J, Mootz R, Barassi J, Kahn JR, Kaptchuk TJ, Eisenberg DM. Characteristics of Licensed Acupuncturists, Chiropractors, Massage Therapists, and Naturopathic Physicians. J Am Board Fam Pract 2002;15(5):378-90.
34. Cherkin DC, Deyo RA, **Sherman KJ**, Hart LG, Street JH, Hrbek A, Davis R, Cramer E, Milliman B, Booker J, Mootz R, Barassi J, Kahn JR, Kaptchuk TJ, Eisenberg DM. Characteristics of Visits to Licensed Acupuncturists, Chiropractors, Massage Therapists, and Naturopathic Physicians. J Am Board Fam Pract 2002;15(6):463-72.
35. Cherkin DC, **Sherman KJ**, Deyo RA, Shekelle PG. A Review of the Evidence for the Effectiveness, Safety and Cost of Complementary and Alternative Medicine Therapies for Back Pain. Ann Intern Med 2003; 138: 898 – 906.
36. **Sherman KJ**, Cherkin DC. Developing methods for acupuncture research: Rationale for and design of a pilot study evaluating the efficacy of acupuncture for chronic low back pain. Altern Ther Health Med 2003;9:54-60.

37. Ernst E, **Sherman KJ**. Is acupuncture a risk factor for hepatitis? A systematic review of epidemiologic studies. Journal of Gastroenterology and Hepatology 2003; 18: 1231 – 1236.
38. Langevin HM, Badger GJ, Povolny BK, Davis RT, Johnston AC, **Sherman KJ**, Kahn JR, Kaptchuk TJ. Yin Scores and Yang Score: A New Method for Quantifying Diagnostic Patterns in Traditional Chinese Medicine. Journal of Alternative and Complementary Medicine 2004; 10: 389 – 396.
39. Simon GE, Cherkin DC, **Sherman KJ**, Eisenberg DM, Deyo RA, Davis RB. Mental health visits to complementary and alternative medicine providers. Gen Hosp Psychiatry 2004;26:171-177.
40. Cherkin D, **Sherman, K**. Conceptualization and Evaluation of an Optimal Healing Environment for Chronic Low Back Pain in Primary Care. J Altern Complement Ther 2004 10: S171 – S178.
41. Rosenblatt KA, Daling JR, Chen C, **Sherman K**, Schwartz SM. Marijuana use and risk of oral squamous cell cancer. Cancer Research 2004; 64: 4049-4054.
42. **Sherman KJ**, Cherkin DC, Connelly MT, Erro J, Savetsky JB, Davis RB, Eisenberg DM. Complementary and alternative medical therapies for chronic low back pain: What treatments are patients willing to try? BMC Complementary and Alternative Medicine 2004, 4:9. PMID: PMC503394 [Highly accessed article].
43. Boon HS, Cherkin DC, Erro J, **Sherman KJ**, Milliman B, Booker J, Cramer E, Smith M, Deyo RA, Eisenberg DM. Practice Patterns of Naturopathic Physicians: Results From a Random Survey of Licensed Practitioners in Two US States. BMC Complementary and Alternative Medicine 2004; 4:14. PMID: PMC529271
44. **Sherman KJ**, Cherkin DC, Eisenberg DM, Erro J, Hrbek A, Deyo RA. The Practice of Acupuncture: Who are the Providers and What Do They Do? Annals of Family Medicine 2005; 3: 151 – 158. PMID: PMC1466855
45. Lind BK, Lafferty WE, Tyree PT, **Sherman KJ**, Deyo RA, Cherkin DC. The Role of Alternative Medical Providers for the Outpatient Treatment of Insured Patients with Back Pain. Spine 2005; 30:1454-1459.
46. **Sherman KJ**, Cherkin DC, Kahn J, Erro J, Hrbek A, Deyo RA, Eisenberg DM. The Practice Of Massage Therapy: A Survey Of Massage Therapists And Their Practices In Two US States BMC Complementary and Alternative Medicine 2005; 5:13. PMID: PMC1544351.
47. Assefi N, **Sherman KJ**, Jacobsen C, Goldberg J, Smith WR, Buchwald. Acupuncture for the treatment of fibromyalgia: a randomized controlled trial. Ann Intern Med 2005; 143: 10 - 19.

48. Kalauokalani DAK, Cherkin DC, **Sherman KJ**. A Comparison of Physician and Non-Physician Acupuncture Treatment for Chronic Low Back Pain. Clin J Pain 2005; 21: 406 – 411.
49. **Sherman KJ**, Cherkin DC, Erro J, Miglioretti D, Deyo RA. Comparing Yoga, Exercise, and a Self-care Book for Chronic Low Back Pain. A Randomized Controlled Trial. Ann Intern Med 2005; 143: 849 – 856.
50. **Sherman KJ**, Cherkin DC, Deyo RA, Erro J, Hrbek A, Eisenberg DM, Davis RB. The Diagnosis and Treatment of Chronic Back Pain by Acupuncturists, Chiropractors, and Massage Therapists. Clinical J Pain 2006; 22: 227 – 234.
51. \*Ball K, **Sherman KJ**, Cherkin D, Erro J, Milliman B. A Survey of Interventions Used by a Random Sample of Naturopathic Physicians in Connecticut and Washington. International Journal of Naturopathic Medicine 2006; 3: 1-10.
52. **Sherman KJ**, Dixon MW, Thompson D, Cherkin DC. Development of a taxonomy to describe massage treatments for musculoskeletal pain. Biomed Central Complementary and Alternative Medicine 2006;6: 24. PMID: PMC1544351 [Highly accessed article].
53. Lafferty WE, Tyree PT, Bellas AS, Watts CA, Lind BK, **Sherman KJ**, Cherkin DC, Grembowski DE. Insurance Coverage and Subsequent Utilization of Complementary and Alternative (CAM) Providers. Am J Manage Care 2006; 12: 397-404. PMID: PMC1513668.
54. \*Herman PM, **Sherman, KJ**, Erro JH, Cherkin DC, Milliman B, Adams LA. A Method for Describing and Evaluating Naturopathic Whole Practice. Alternative Therapies in Health and Medicine. 2006;12:20-8.
55. Langevin H, **Sherman KJ**. Pathophysiological model for low back pain integrating connective tissue and nervous system mechanisms. Medical Hypotheses 2007; 68:74-80.
56. Hsu C, Phillips W, **Sherman K**, Hawkes R, Cherkin D. Healing In Primary Care: A Shared Vision of Patients, Physicians, Nurses, and Clinical Staff. Annals of Family Medicine. 2008; 6: 307-314. PMID: PMC2478495
57. Cherkin DC, **Sherman KJ**, Hogeboom CJ, Erro JH, Barlow WE, Deyo RA, Avins AL. Efficacy of acupuncture for chronic low back pain: protocol for a randomized controlled trial [ClinicalTrials.gov NCT00065585]. Trials. 2008; 9: 10. PMID: PMC2774684 [Highly accessed article].
58. Greenlee H, Kwan ML, Ergas IJ, **Sherman KJ**, Krathwohl SE, Bonnell C, Lee MM, Kushi LH. Complementary and Alternative Therapy Use Before and After Breast Cancer Diagnosis: The Pathways Study. Breast Cancer Res Treat 2009;117(3):653-65. PMID: PMC2991094.
59. **Sherman KJ**, Cherkin DC, Hawkes R, Miglioretti DL, Deyo RA. Randomized Trial of Therapeutic Massage for Chronic Neck Pain. Clinical Journal of Pain 2009; 25: 233-238.

PMCID: PMC2664516.

60. Cherkin DC, **Sherman KJ**, Avins AL, Erro JH, Ichikawa L, Barlow WE, Delaney K, Hawkes R, Hamilton L, Pressman A, Khalsa PS, Deyo RA. A Randomized Trial Comparing Acupuncture, Simulated Acupuncture, and Usual Care for Chronic Low Back Pain. Arch Intern Med 2009;169(9):858-66. PMCID: PMC2832641.
61. **Sherman KJ**, Coeytaux RR. Acupuncture for Improving Chronic Back Pain, Osteoarthritis and Headache. Journal of Clinical Outcomes Management 2009;16:224-230. PMCID: PMC2863344.
62. **Sherman KJ**, Cherkin DC, Ichikawa L, Avins AL, Barlow WE, Khalsa PS, Deyo RA. Characteristics of Patients with Chronic Back Pain who Benefit from Acupuncture. Biomed Central Musculoskeletal Disorders 2009, 10:114. PMCID: PMC2758834 [Highly accessed article].
63. Cherkin DC, **Sherman KJ**, Kahn J, Erro J, Deyo RA, Haneuse SJ, Cook AJ. Effectiveness of focused structural massage and relaxation massage for chronic low back pain: Protocol for a randomized controlled trial. Trials 2009, 10:96. PMCID: PMC2774684 [Highly accessed article].
64. **Sherman KJ**, Hawkes RJ, Ichikawa L, Cherkin DC, Deyo RA, Avins AL, Khalsa PS. Comparing recruitment strategies in a study of acupuncture for back pain. Biomed Central Medical Research Methodology 2009, 9:69. PMCID: PMC2774333 [Highly accessed article].
65. Saper RB, **Sherman KJ**, Cullum-Dugan D, Davis RB, Phillips RS, Culpepper L. Yoga for chronic low back pain in a predominant minority population: a pilot randomized controlled trial. Altern Ther Health Med 2009; 16: 18-27. PMCID: PMC2792123.
66. Hsu C, Bluespruce J, **Sherman K**, Cherkin D. Unanticipated Benefits of CAM Therapies for Back Pain: An Exploration of Patients' Experiences. Journal of Alternative and Complementary Medicine 2010; 16: 157-163. PMCID: PMC3110102.
67. **Sherman KJ**, Ludman EJ, Cook AJ, Hawkes RJ, Roy-Byrne PP, Bentley S, Brooks M, Cherkin DC. Randomized trial of therapeutic massage for Generalized Anxiety Disorder. Depression and Anxiety 2010; 27: 441-450. PMCID: PMC2922919.
68. **Sherman KJ**, Cherkin DC, Cook AJ, Hawkes RJ, Deyo RA, Wellman R, Khalsa PS. Comparison of yoga versus stretching for chronic low back pain: Protocol for the Yoga Exercise Self-care (YES) Trial. Trials 2010; 11:36. PMCID: PMC2864260 [Highly accessed article].
69. **Sherman KJ**, Cherkin DC, Ichikawa L, Avins AL, Delaney K, Barlow WE, Khalsa PS, Deyo RA. Treatment Expectations and Preferences as Predictors of Outcome of Acupuncture for Chronic Back Pain. Spine 2010; 35: 1471-1477. PMCID: PMC2895682.

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### **Manuscripts Submitted:**

1. Vickers AJ, Lewith G, MacPherson H, Fose NE, Sherman KJ, Irnich D, Witt CM, Linde K. Do the effects of acupuncture vary between acupuncture practitioners? Analysis of practitioner heterogeneity from individual patient data meta-analysis. *Clin J Pain* (submitted)
2. Witt CM, Vertosik EA, Foster NE, Lewith G, Linde K, MacPherson H, **Sherman KJ**, Vickers AJ. The effect of patient characteristics on acupuncture treatment outcomes: An Individual Patient Data Meta-Analysis of 20,827 Chronic Pain Patients in Randomized Controlled Trials. *Clin J Pain* (submitted)
3. Selfe TK, Wen S, **Sherman K**, Klatt M, Innes K. Acceptability and feasibility of a 12-week yoga vs. educational film program for the management of restless legs syndrome (RLS): study protocol for a randomized controlled trial. *Trials* (submitted)

### **Book Chapters, Discussion Papers, and Conference Proceedings:**

1. Daling JR, **Sherman KJ**. Relation between human papillomavirus infection and tumors of the anogenital sites other than the cervix. In: Munoz N, Bosch FX: Proceedings of the Second International Workshop on HPV and cervical cancer. IARC 1992:223-41.
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#### **Other Publications:**

1. Venkatraman MM, Kumar K; Kutty R, Manohar R, **Sherman K**, Booth C. Yoga and ayurveda. AMSA (American Medical Student Association) EDCAM (Educational Development for Complementary and Alternative Medicine) INITIATIVE: A National Curriculum For Medical Students (<http://www.amsa.org/humed/CAM/resources.cfm>; December 2002).
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## FUNDING HISTORY

Vulvar Cancer: Epidemiology, Biochemistry, and Immunology (Grant Continuation). National Cancer Institute. \$589,425. PI: J. Daling. Role: Staff Scientist, 12/86 - 11/91.

Epidemiology of Penile and Urethral Cancer. National Cancer Institute, \$453,920. PI: J. Daling; Role: Staff Scientist, 9/87 - 8/90.

Epidemiology of Condyloma Acuminata, Project #3 of Program Project Grant. National Cancer Institute, \$672,566. PI: J. Daling; Role: Staff Scientist, 4/87 - 3/92.

Anogenital Cancer: Epidemiology, Biochemistry, and Immunology. Project #4 of Program Project Grant. National Cancer Institute, \$833,852. PI: J. Daling; Role: Staff Scientist. 87 - 7/92.

Pathobiology of Anogenital HPV Infection. National Cancer Institute, \$251,345. PI: A Beckmann; Role: Co-Investigator, 4/88 - 3/91.

Detection of Human Papillomavirus with the Polymerase Chain Reaction. National Cancer Institute, \$50,000. PI: A Beckmann. Role: Co-Investigator. 3/89 - 2/90.

Oral Cancer: Epidemiology, Biochemistry, and Immunology. National Cancer Institute, 12/90-11/94, \$1,510,669. PI: K Sherman (12/90-9/92).

Acupuncture as a Treatment for Stroke. Center for Complementary and Alternative Medicine on Stroke and Neurological Diseases, \$18,000. PI: K Sherman, 7/98 - 6/99.

Evaluating the Efficacy of Acupuncture for Back Pain. Agency for Health Care Policy and Research and Office of Alternative Medicine, \$1,002,772. PI: D. Cherkin. Role: Co-Principal Investigator. 9/98 - 3/02.

Efficacy of Acupuncture in the Treatment of Fibromyalgia. National Center for Complementary and Alternative Medicine PI. D. Buchwald. \$211,763 Role: Co-Investigator, 9/99 - 7/02.

Physical CAM Therapies for Chronic Low Back Pain. National Center for Complementary and Alternative Medicine. Group Health subcontract: \$75,927. PI: D. Eisenberg (Harvard); Role: Co-Investigator, 9/00 - 7/03.

Relaxation Related CAM Therapies for Chronic Back Pain. National Center for Complementary and Alternative Medicine, \$608,334 PI: D. Cherkin. Role: Co-Principal Investigator. 9/00 - 7/03.

Insurance Financing of Integrative Medicine. National Center for Complementary and Alternative Medicine, Group Health subcontract: \$245,000. PI: W. Lafferty; Role: Co-investigator (GHC Site PI), 9/01-9/04.

Evaluating Yoga for Chronic Low Back Pain. National Center for Complementary and Alternative Medicine. \$380,000. PI: K. Sherman. 7/02 - 10/04.

Efficacy of Acupuncture for Chronic Low Back Pain. National Center for Complementary and Alternative Medicine, \$3.4 million. PI: D. Cherkin, Role: Co-Principal Investigator. 5/03 - 1/09.

Evaluating Therapeutic Massage for Chronic Neck Pain. National Center for Complementary and Alternative Medicine \$395,000. Role: Principal Investigator. 7/03 - 12/05.

Identifying and Surmounting the Barriers to Optimal Healing in Primary Care. Samuelli Institute and Group Health CHS Development Fund, \$780,000. PI: D. Cherkin. Role: Co-Investigator, 3/05-2/08.

Effect of Massage on Chronic Low Back Pain. National Center for Complementary and Alternative Medicine, \$1,317,373. PI: D. Cherkin. Role: Co-Investigator, 9/05 - 8/09.

Effect of Yoga Versus Stretching Versus Usual Care on Chronic Back Pain. National Center for Complementary and Alternative Medicine, \$1,391,304. PI: K. Sherman, 9/06-8/12.

Therapeutic Massage for Generalized Anxiety Disorder. National Center for Complementary and Alternative Medicine, \$400,000. PI: K. Sherman, 9/06-8/09.

Outcomes of Community Naturopathic Care for Type 2 Diabetes. National Center for Complementary and Alternative Medicine, \$400,000. PI: D. Cherkin. Role: Co-Investigator, 3/08-2/11.

MSI-FLASH: An RCT of Yoga and Ultra Low-Dose Estrogen Gel for Vasomotor Symptoms. NIH. \$1,047,370. PI's: Katherine Newton and Susan Reed. Role: Co-Investigator, 7/08-6/13.

Dosing Study of Massage for Neck Pain. National Center for Complementary and Alternative Medicine, \$1,535,316. PI: K. Sherman, 6/09-2/15.

CAM, Medical Service Utilization, and Quality of Care National Center for Complementary and Alternative Medicine, Group Health subcontract: \$623,384. PI: W. Lafferty; Role: Co-investigator (GHC Site PI), 9/09-8/11.

Measuring Patient Expectations for CAM Therapies. National Center for Complementary and Alternative Medicine, \$2,130,500. PI: K. Sherman, 12/09-11/16.

Comparison of CAM and conventional mind-body therapies for chronic back pain. National Center for Complementary and Alternative Medicine, \$3,059,547.00. PI: Cherkin. Role: Co-Investigator, 8/11 -5/16.

Implementing Evidence-based treatments for persistent back pain into primary care. National Center for Complementary and Alternative Medicine, \$440,000. PI: Cherkin. Role: Co-Investigator, 8/12 - 8/16.

Evaluation of a Patient-Centered Risk Stratification Method for Improving Primary Care for Back Pain. Patient-Centered Outcomes Research Institute, \$1,892,297.00. PI: Cherkin. Role: Co-Investigator, 4/13-3/16.

Consultative Services on Pain for various Military Medicine Projects. Samueli Institute, \$27,042. PI: K. Sherman, 11/13 -10/14.

Building Research across Interdisciplinary Gaps (BRIDG) T90 Training Program, Group Health Subcontract: \$294,964. PI: Booth-LaForce. Role: Co-Investigator, 4/15-3/19.

Evaluation of a health plan initiative to mitigate chronic opioid therapy risks. Patient-Centered Outcomes Research Institute, \$1,790,988.00. PI: Von Korff. Role: Co-Investigator, 1/16-4/17.

Tai Chi for Chronic Low Back Pain in Older Adults. National Center for Complementary and Integrative Health, Direct Costs: \$732,774. PI: K. Sherman, 5/16 - 4/19.

A Pragmatic Trial of Lumbar Image Reporting with Epidemiology, National Institute of Arthritis and Musculoskeletal and Skin Diseases. Direct Costs: \$378,381 PI: Jarvik. Role: Site PI, 10/2016-



12/2018.

Home Phototherapy. Kaiser Permanente Washington Dept. of Nursing. \$45,000 Site PI: K. Sherman4/1/2018-3/31/2019.

Reducing CNS-active Medications to Prevent Falls and Injuries in Older Adults. Centers for Disease Control and Prevention. Total Direct Costs \$2,886, 322. PI's: Phelan and S. Gray. Role: Site PI. 9/30/2018-9/29/2022.

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### **CONFERENCES AND SYMPOSIUMS (partial list)**

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1. Sherman KJ, Buskirk RE. The adaptive significance of postcopulatory mate guarding in a dragonfly. Animal Behavior Society. Knoxville TN, June 1981.
2. Sherman KJ, Buskirk RE. Spatial instability and reproductive success. Ecological Society of America. Bloomington IN, August 1981.
3. Sherman KJ, Daling JR, Metch BJ. Sexually transmitted diseases and infertility. Society for Epidemiologic Research., Houston TX, June 1984.
4. Sherman KJ, Daling JR, Chow WH. Sexually transmitted diseases and tubal pregnancy. Society for Epidemiologic Research, Chapel Hill NC, June 1985.
5. Daling JR, Weiss NS, Hislop G, Coates R, Maden C, Sherman KJ. Epidemiology of anal cancer. Human papillomavirus and squamous carcinoma. Second International Conference. Chicago, IL. October, 1986.
6. Sherman KJ, Daling JR, Chu J. Multiple primary tumors in women with vulvar neoplasms. Society for Epidemiologic Research. Amherst, MA, June 1987.
7. Galloway DA, Jenison SA, Valentine J, Koutsky L, Holmes KK, Langenberg A, Corey L, Sherman K, Daling J. Prevalence of antibody to HPV 6 and HPV 16 in various populations. Seventh International Papillomavirus Workshop. Sophia Antipolis Cote d'Azur, France , May 1988.
8. Beckmann AM, Daling JR, Maden C, Sherman K, Kiviat N, McDougall J. HPV infection and anal cancer. Seventh International Papillomavirus Workshop. Sophia Antipolis Cote d'Azur, France, May 1988.
9. Daling JR, Sherman KJ, Chu J. The relationship of smoking to the incidence of squamous cell vulvar cancer. Eighth International Papillomavirus Workshop. Taos, New Mexico, March 1989.
10. Sherman KJ, Daling JR, Chu J. Genital warts, other STDs, and the risk of vulvar cancer. Eighth International Papillomavirus Workshop. Taos, New Mexico, March 1989.

11. Sherman KJ, Daling JR, Beckmann AM, Mandelson MT, McDougall JK. Sexual activity, human papillomavirus infection, and other sexually transmitted infections as risk factors for vaginal and cervical cancer. Ninth International Papillomavirus Workshop. Heidelberg, Germany, May 1990.
12. Beckmann AM, Miller BA, Galloway DA, Sherman KJ, Maden C, Daling JR, McDougall JK. Human papillomavirus infection and anal cancer: analyses of archival tissue specimens by in situ hybridization and polymerase chain reaction. Ninth International Papillomavirus Workshop. Heidelberg, Germany, May 1990.
13. Mandelson MM, Daling JR, White E, McKnight B, Sherman KJ, Chu J. Oral contraceptive use and invasive cervical cancer. Society for Epidemiologic Research. Snowbird, Utah, June 1990.
14. Sherman KJ, Habel L, Ashley R, Corey L. Risk factors for HSV-2 infection in women. Society for Epidemiologic Research. Buffalo, New York, June 1991.
15. Zhu KM, Sherman KJ, Mueller BA, Daling JR. The association of HIV infection and lymphoma: an analysis using SEER data. Society for Epidemiologic Research. Buffalo, New York, June 1991.
16. Daling JR, Mandelson MT, Sherman KJ, Jenison S. Relationship of 16E7 antibodies to cervical cancer risk factors among case and control women. Tenth International Papillomavirus Workshop. Seattle, Washington, July 1991.
17. Maden C, Sherman KJ, Beckmann AM, Daling JR. Sexual activity, human papillomaviruses, and the risk of penile cancer. Tenth International Papillomavirus Workshop. Seattle, Washington, July 1991.
18. Mandelson MT, Jenison SA, Sherman KJ, Valentine J, McKnight B, Daling JR, Galloway DA. The association of HPV antibodies with cervical cancer risk. Tenth International Papillomavirus Workshop. Seattle, Washington, July 1991.
19. Sherman KJ, Habel L, Van den Eeden S, Beckmann AM, Daling JR. Sexual activity, smoking, and the risk of condyloma acuminatum. Tenth International Papillomavirus Workshop. Seattle, Washington, July 1991.
20. Daling JR, Sherman KJ, Mandelson MT, Beckmann Am, Madeleine M, McKnight B. Differences in risk factors for squamous cell carcinoma and adenocarcinoma of the cervix: relations with oral contraceptive use, HPV, and smoking. Eleventh International Papillomavirus Workshop. Glasgow, Scotland, September, 1992.
21. Beckmann AM, Sherman KJ, McKnight B, McDougall JK, Daling JR. Human papillomaviruses and anogenital cancer. American Association Cancer Research Special Conference: Molecular and biochemical methods in cancer epidemiology and prevention - the path between the laboratory and the population. Naples, Florida, September, 1992.

22. Cherkin D, Street J, Barlow W, Eisenberg D, Kaptchuk T, Deyo R, Sherman K. Acupuncture vs. massage vs. self-care for persisting back pain: a randomized trial. Society for Acupuncture Research. Fifth Conference. Palo Alto, California, September 1998.
23. Cherkin D, Eisenberg D, Sherman K, Barlow W, Kaptchuk T, Street J, Deyo R. A randomized trial comparing acupuncture, massage and self-care for chronic low back pain. International Conference on Clinical Research and Quality Management in Complementary Medicine. Munich, Germany, April 2000.
24. Sherman KJ, Hogeboom CH, Cherkin DC. Consistency of diagnostic assessment of TCM Practitioners. Society for Acupuncture Research. Seventh Conference. Baltimore, Maryland, October 2000.
25. Sherman KJ. Developing protocols for acupuncture studies: an efficacy trial of low back pain. International Scientific Conference on Complementary, Alternative and Integrative Medicine. San Francisco, CA, May, 2001.
26. Sherman KJ, Hogeboom CJ, Cherkin DC, Deyo RA. Description and validation of a non-invasive placebo acupuncture procedure. Society for Acupuncture Research, Eighth Conference, Minneapolis, Minnesota, October 2001.
27. Sherman K, Cherkin D, Eisenberg D, Erro J, Hrbek A, Deyo R. The diagnosis and treatment of chronic back pain by acupuncturists, chiropractors and massage therapists. International Scientific Conference on Complementary, Alternative and Integrative Medicine Research, Boston, Massachusetts, April 2002.
28. Sherman K, Cherkin D, Eisenberg D, Erro J, Hrbek A, Deyo R. The diagnosis and treatment of chronic back pain by acupuncturists, chiropractors and massage therapists. International Forum V for Primary Care Research on Low-Back Pain. Montreal, Canada, May 2002.
29. Sherman K, Cherkin D, Connelly MT, Erro J, Savetsky JB, Davis RB, Eisenberg DM. Complementary and alternative medical therapies for chronic low back pain: What are patients willing to try? International Forum VI for Primary Care Research on Low-Back Pain. Linkoping, Sweden, May 2003.
30. Sherman KJ, Assefi N, Jacobsen C, Goldberg J, Smith WR, Buchwald. Acupuncture for the treatment of fibromyalgia: a randomized controlled trial. Society for Acupuncture Research, Tenth Conference, Boston, Massachusetts, November 2003.
31. Sherman KJ, Myers CD, Gross A. Symposium session on Manual Therapies and Acupuncture for Low-Back and Neck Pain. American Pain Society/Canadian Pain Society Annual Meeting, 2<sup>nd</sup> Joint Annual Meeting, May 2004
32. Sherman KJ, Cherkin DC, Erro J, Miglioretti DL, Deyo RA. Randomized trial of yoga and exercise classes for chronic low back pain. International Forum VII for Primary Care Research on Low-Back Pain. Edmonton, Canada, October 2004.

33. Sherman KJ, Cherkin DC, Erro J, Miglioretti DL, Deyo RA. Randomized trial of yoga and exercise classes for chronic low back pain. HMO Research Network. Sante Fe, New Mexico, April 2005.
34. Sherman KJ, Cherkin DC, Talenti R, Miglioretti DL, Deyo RA. Randomized trial of therapeutic massage vs. self care book for chronic neck pain. Highlighting Massage Therapy in CAM Research. Albuquerque, New Mexico, September 2005.
35. Panelist in Roundtable Discussion: Controversies in Acupuncture Research: Selection of Controls and Outcome Measures in Acupuncture Clinical Trials. North American Conference on Alternative and Integrative Medicine, Edmonton, Canada, May 2006.
36. Sherman KJ, Cherkin DC, Talenti R, Miglioretti DL, Deyo RA. Randomized trial of therapeutic massage vs. self care book for chronic neck pain. North American Conference on Alternative and Integrative Medicine, Edmonton, Canada, May 2006.
37. Sherman KJ, Cherkin DC, Talenti R, Miglioretti DL, Deyo RA. Randomized trial of therapeutic massage vs. self care book for chronic neck pain. International Forum VIII for Primary Care Research on Low Back Pain. Amsterdam, Netherlands, June 2006.
38. Sherman KJ, Cherkin DC, Hawkes RJ, Cook A. Does yoga have benefits beyond exercise?: trial protocol for a study of yoga, exercise, and self-care. HMO Research Network, Portland, Oregon, March 2007.
39. Sherman KJ, Cherkin DC, Hawkes RJ, Cook A, Deyo RA, Khalsa PS. Does yoga have benefits beyond exercise?: trial protocol for a study of yoga, exercise, and self-care. International Forum IX for Primary Care Research on Low Back Pain. Palma de Mallorca, Spain, October 2007.
40. Workshop Presenter (Psychosocial Paradigms: Patient Beliefs and Expectations). Part of the Workshop on Customizing Treatments to Sub-Groups of Patients. International Forum IX for Primary Care Research on Low Back Pain. Palma de Mallorca, Spain, October 2007.
41. Sherman KJ (for the SPINE trial). An RCT comparing acupuncture, simulated acupuncture and usual care for chronic low back pain. North American Conference on Complementary and Integrative Medicine. Minneapolis, MN, May 2009.
42. Sherman KJ. Methodological Issues in Tai Chi Research (Part of a Workshop on Tai chi research). North American Conference on Complementary and Integrative Medicine. Minneapolis, MN, May 2009.
43. Sherman KJ. Yoga for musculoskeletal and neurological conditions. (Part of a Workshop on Yoga research). North American Conference on Complementary and Integrative Medicine. Minneapolis, MN, May 2009.
44. Sherman KJ, Witt CM. The Acupuncture Trialists Collaboration. International Society for Complementary Medicine Research. Minneapolis, MN, May 2009.

45. Sherman KJ. Randomized Trial of Therapeutic Massage for Generalized Anxiety Disorder: the CALM study. Highlighting Massage Therapy in CIM Research. Seattle, WA, May 2010.
46. Sherman KJ, Cherkin DC, Cook A, Wellman R. Patient Expectations are Not Important Predictors of Treatment Outcomes of Massage for Chronic Back Pain. International Congress on Complementary Medicine Research. Tromso, Norway, May 2010.
47. Sherman KJ, Cook AJ, Wellman R, Hawkes R, Delaney K, Khalsa PS, Cherkin DC. Randomized Trial Comparing Yoga, Exercise, and Self Care for Chronic Low Back Pain. PRIMUS, Rotterdam, Netherlands, October 2010.
48. Sherman KJ, Cook AJ, Wellman R, Scrol A, Khalsa PS, Cherkin DC. Mediators of the Effects of Yoga and Stretching on Chronic Back Pain Outcomes: Results from the YES RCT. International Forum XI for Primary Care Research on Low Back Pain. Melbourne, Australia, March, 2011.
49. Sherman KJ, Cook AJ, Wellman R, Scrol A, Khalsa PS, Cherkin DC. Mediators of the Effects of Yoga and Stretching on Chronic Back Pain Outcomes: Results from the YES RCT. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
50. MacPherson, H, Vickers A, Cronin A, Maschino A, Victor N, Foster N, Sherman K, Witt C, Linde K. Acupuncture for chronic pain: an individual patient data meta-analysis of randomized trials . International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
51. Cerrada C, Weinberg J, Dresner D, Boah A, Sherman K, Saper R. Comparison of Paper Surveys and Computer-Assisted Telephone Interviews in a Randomized Controlled Trial of Yoga for Low Back Pain. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
52. Keosaian J, Dresner D, Cerrada C, Kwong L, Goodman N, Godersky M, Sherman K, Weinberg J, Boah A, Saper R. Recruitment strategies for community-based yoga research in a predominant minority population. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
53. Tran H, Saper R, Boah A, Weinberg J, Sherman K. Predictors of Preference for Treatment Assignment in a Randomized Controlled Trial of Two Doses of Yoga for Chronic Low Back Pain. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
54. Boah A, Kwong L, Weinberg J, Sherman K, Saper R. Characteristics of Treatment Adherence in Low-income Minority Participants in a Yoga Dosing Study for Chronic Low Back Pain. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
55. Saper R, Boah A, Keosaian J, Weinberg J, Sherman K. The Yoga Dosing Study: comparing once vs. twice per week yoga classes for chronic low back pain in predominantly low income minority populations. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.

56. Bradley R, Sherman K, Catz S, Oberg E, Calabrese C, Cherkin D. Adjunctive Naturopathic Care in Type 2 Diabetes: Patient-reported and Clinical Outcomes. International Research Congress on Integrative Medicine and Health. Portland, OR, May 2012.
57. Sherman KJ, Cook AJ, Wellman RD, Hawkes RJ, Cherkin DC. Optimal Dose of Massage for Chronic Neck Pain: A Randomized Trial. International Forum XII for Primary Care Research on Low Back Pain. Odense, Denmark, October, 2012.
58. Sherman KJ, Cook AJ, Wellman RD, Hawkes RJ, Cherkin DC. Optimal Dose of Massage for Chronic Neck Pain: A Randomized Trial. International Congress on Complementary Medicine Research. London, UK, April, 2013.
59. Sherman KJ, Eaves E, Ritenbaugh C, Turner J. Cognitive Interviews to Choose Most Understandable Items to Measure Expectancy in CAM Research. International Congress on Complementary Medicine Research. London, UK, April, 2013.
60. Hsu C, Eaves E, Crompton D, Schafer L, Ritenbaugh C, Sherman K. Patient expectations for the outcomes of CAM treatment for back pain. International Congress on Complementary Medicine Research. London, UK, April, 2013.
61. Eaves E, Ritenbaugh C, Hsu C, Sherman KJ. Changes hopes and expectations of CAM treatments for back pain: a longitudinal analysis. International Research Congress on Integrative Medicine and Health. Miami, FL, May 2014.
62. Sherman KJ, Cook AJ, Wellman RD, Kahn J, Cherkin DC. Influence of the amount and duration of therapeutic massage for chronic neck pain on 12 and 26 week outcomes of pain and function. International Research Congress on Integrative Medicine and Health. Miami, FL, May 2014.
63. Saper R, Weinberg J, Delitto A, Lemaster C, Herman P, Sherman K. A randomized controlled trial comparing yoga, physical, therapy, and education for chronic low back pain in predominantly low income minorities. International Congress on Complementary Medicine Research. Jeju Island, Korea. May, 2015.
64. Sherman KJ, Cherkin DC, Balderson B, Turner JA. Adverse Experiences in a Randomized Trial of Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy, and Usual Care for Chronic Low Back Pain. Mindfulness and Compassion Conference 2015. San Francisco, CA, June 2015.
65. Turner JA, Sherman KJ, Anderson M, Balderson B, Cook A, Cherkin D. Catastrophizing, pain self-efficacy, mindfulness, and acceptance: relationships and changes among individuals

receiving CBT, MBSR, or usual care for chronic back pain. American Pain Society. Palm Springs CA. May, 2015.

66. Rundell SD, Sherman KJ, Heagerty P, Mock C, Comstock BA, Avins AL, Nedeljkovic SS, Nerenz DR, Jarvik JG. Predictors of persistent back pain and persistent disability in older adults with new episodes of back pain. American Pain Society. Palm Springs CA. May, 2015.
67. Rundell SD, Sherman KJ, Heagerty PJ, Mock CN, Jarvik JG. The clinical course of pain and function in adults with a new primary care visit for back pain. International Society for the Study of the Lumbar Spine. San Francisco, CA. June 2015.
68. Herman P, Anderson M, Sherman K, Balderson B, Turner J, Cherkin D. Cost-effectiveness of Mindfulness-Based Stress Reduction and cognitive behavioral therapy compared to usual care for chronic low back pain. International Forum XV for Primary Care Research on Low Back Pain. Oslo, Norway, September, 2017.
69. Sherman KJ, Walker R, Saunders K, Shortreed S, Parchman M, Hansen R, Thakral M, Ludman E, Dublin S, Von Korff M. Doctor-patient trust among chronic pain patients on chronic opioid therapy: a survey. Health Care Systems Research Network. Minneapolis, MN. April 2018.
70. Sherman KJ, Thakral M, Bandy E, Turner J, Phelan E. Development of an attention control group for tai chi in older adults with chronic low back pain. 2018 International Congress on Integrative Medicine & Health. Baltimore, MD. May 2018.

### **Invited Talks, including Continuing Medical Education**

1. Viruses in Head and Neck Cancer. Otolaryngology Grand Rounds, University of Washington, Seattle, Washington, February 1989.
2. Magnitude of the Cancer Problem. Minor High School Research Apprentice Program. Cancer Prevention Research Unit. Fred Hutchinson Cancer Research Center, July, 1990.
3. Viruses and Anogenital Cancer. Epidemiology Seminar. Cancer Control Agency of British Columbia, Vancouver, British Columbia, March 1992.
4. Outcomes research: models for clinic and office-based research. Society for Acupuncture Research. Fourth Conference. Bethesda, Maryland, November 1997.
5. Acupuncture research. Special Seminar for Students. Northwest Institute of Acupuncture and Oriental Medicine. Seattle, Washington, March 1998.
6. Acupuncture: What it is and what it does. Highline Hospital Continuing Medical Education. Seattle, Washington, March 1998.
7. Acupuncture: How it works and what it does. Seattle Indian Health Board, Seattle, Washington, May 1998.

8. Acupuncture and Rehabilitation Medicine: applications in the treatment of stroke. Rehabilitation Medicine Grand Rounds, University of Washington, Seattle, Washington, November 1998.
9. Acupuncture. Introduction to Clinical Medicine Course. University of Washington, Seattle, Washington, February 1999.
10. Acupuncture. University of Washington Continuing Medical Education (Complementary Medicine: An Evidence-based Approach for Clinicians), Seattle, Washington, March 1999.
11. Panel Convener. Research and the Placebo Effect. International Conference on Integrative Medicine, Seattle, Washington, April 1999.
12. The use of acupuncture in patients with HIV/AIDS. In-service for clinicians at Madison Clinic, Harborview Hospital. Seattle, Washington, May 1999.
13. Panelist, Research in Oriental Medicine, Northwest Regional Acupuncture/Oriental Medicine Conference, Portland, Oregon, October 2000.
14. Invited Workshop Presenter. Challenges of acupuncture research: study design considerations. International Clinical Acupuncture Research Symposium, Exeter, England, July 2001.
15. Invited Workshop Presenter. A research agenda for the acupuncture community. International Clinical Acupuncture Research Symposium, Exeter, England, July 2001.
16. Invited Speaker. A randomized trial comparing acupuncture, massage and self-care for chronic low back pain. International Conference on the Science of Touch, Montreal, Canada, May 2002.
17. Invited Panelist, (An Introduction to Systematic Reviews.) Levels of Evidence. Highlighting Massage Therapy in CAM Research. Albuquerque, New Mexico, September 2005.
18. Invited Panelist, (Development of Massage Treatment Protocols.) Development and Implementation of Massage Therapy Protocols for Research. Highlighting Massage Therapy in CAM Research. Albuquerque, New Mexico, September 2005.
19. Invited Speaker. Development of a Taxonomy to Describe Massage for Musculoskeletal Conditions. American Massage Therapy Association. Atlanta, Georgia, October 2006.
20. Invited Workshop Presenter (Yoga Research: Beyond the RCT), Workshop on Yoga Research, Symposium on Yoga Therapy and Research. Los Angeles, California, January 2007.
21. Invited Speaker. Clinical Trials of Yoga for Chronic Low Back Pain. Symposium on Yoga Therapy and Research. Los Angeles, California, January 2007.
22. Invited Workshop Presenter (Comparing Treatment Effects of Acupuncture and other Types of Health Care), Workshop on Introduction to Current Issues in Acupuncture Research. Society for Acupuncture Research. Baltimore, Maryland, November 2007.



23. Invited Speaker. Does Acupuncture Relieve Back Pain? A Contemporary Look at the State of the Science. Society for Acupuncture Research. Baltimore, Maryland, November 2007.
24. Invited Workshop Presenter (Yoga Research 101: Some Fundamental Issues), Workshop on Yoga Research, Symposium on Yoga Therapy and Research. Los Angeles, California, March 2008.
25. Invited Speaker. Stakeholders for Yoga Research: Creating an Appropriate Evidence Base. Symposium on Yoga Therapy and Research. Los Angeles, California, March 2008.
26. Results of a Randomized Trial of Acupuncture for Back Pain. Joint presentation with Dan Cherkin. Inaugural Bastyr University Research Conference: Collaborative Research in CAM: Making Studies Relevant to Clinical Practice. Kenmore, Washington, April 2008.
27. Invited Speaker. Clinical Trials of Acupuncture for Low Back Pain: What Have They Taught Us about Acupuncture's Effectiveness? International Symposium on Acupuncture for Back Pain. Japan Society of Acupuncture and Moxibustion, Saitama, Japan, June 2009.
28. Keynote Speaker. Models of Integration of AOM with Conventional Medicine: The Role of Research Third Annual International Symposium on Evaluation of Clinical Trials Methodologies with Applications, Design of Clinical Trials, and Frontiers of Data Analysis, Renmin University of China, Beijing, China, June 2009.
29. Invited Presenter. What clinical trials of acupuncture for low back pain have taught us about acupuncture's effectiveness: implications for developing sham controls. Symposium on Control Groups. Society for Acupuncture Research. Chapel Hill, NC, March 2010
30. Co-Keynote Speaker. A Decade of Research on CAM for Chronic Pain: A Collaborative Odyssey to the Land of Healing. Symposium Portland Area Research on Complementary and Alternative Medicine. Portland, OR, April 2010.
31. Invited Workshop Presenter. Control Groups for Trials of Acupuncture: a Historical Retrospective. Workshop on Control/Comparison Groups for Trials of Non-Pharmacologic Interventions. National Institutes of Health, Bethesda, MD, April 2010.
32. Invited Workshop Presenter. Placebos in Acupuncture Research: Perspectives and Dilemmas. Workshop on Acupuncture for Treatment of Acute Pain. Department of Defense – National Institutes of Health. Bethesda, MD, February 2011.
33. Invited Presenter. CAM Clinical Trials for Chronic Spine Pain: Challenges and Opportunities. Chronic Fatigue and Pain Research Center, University of Michigan, Ann Arbor, MI, April 2011.
34. Keynote Speaker. Clinical Trials for Non-pharmacological CAM Interventions: Acupuncture, Massage, and Yoga. Great Lakes Integrative Medicine and Healthcare Research Symposium, University of Michigan, Ann Arbor, MI, April 2011.

35. Invited Speaker. Yoga for Chronic Back Pain: State of the Science. Symposium on Yoga Research. Kripalu, MA, September 2011.
36. Invited Speaker. Yoga for Chronic Low Back Pain: Much Ado About Stretching? Research Conference at the Osher Center for Integrative Medicine, University of California, San Francisco, San Francisco, CA, November 2011.
37. Keynote Speaker. Developing Clinical Trials for Bodywork and Massage: A Guide for the Perplexed. Third international Fascia Research Congress. Vancouver, BC, March 2012.
38. Invited Panelist. Research on Yoga: Translation from the Community to Clinical Trials: Different Worldviews and the Need for Cross Cultural Communication. Translational Medicine in Arizona: Networks, Partnerships and Initiatives. Northern Arizona University. Flagstaff, AZ, June 2012.
39. Lectureship Speaker. Acupuncture for Low Back Pain: What is the Evidence? Cha Chi Ming Endowed Lectureship, University of Washington School of Medicine, May 2013.
40. Invited Speaker. Yoga for Chronic Pain. 2018 Miryang International Yoga Therapy Conference (Era of Yogic Science: Convergence of Yoga and Medical Science). Miryang, Korea. September 2018.
41. Keynote Speaker. Maximizing the Effectiveness of Yoga Research: View from an Epidemiologist and Clinical Trialist. Symposium on Yoga Research. Kripalu, MA. October, 2018.
42. Invited Panelist, Session I. National Academies Workshop on Nonpharmacological Approaches to Pain. Washington, DC, December, 2018.

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## **TEACHING EXPERIENCE**

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### **Classroom Teaching**

- 1991-92 Guest Lecturer, “Infectious Agents (Cervical Cancer)” in Epi 524 “Epidemiologic Studies of Cancer Etiology and Prevention. Spring Quarter 1991 (S. Davis, Course Instructor) and 1992 (A. Kristal, Course Instructor)
- 1992 Guest Lecturer, “Biological Measures of Exposure” in Epi 528 “Exposure measurement in Epidemiology” Spring Quarter 1992 (E. White, Course Instructor)
- 1996-2000 Course Instructor, Research Design, Northwest Institute of Acupuncture and Oriental Medicine, Seattle, Washington. Fall Quarter 1996, 1997, 1998, 1999, 2000.
- 2006 Guest Lecturer, “Methodologic Challenges in Acupuncture Research” in Research Practicum in Acupuncture and Oriental Medicine (Doctoral students in Acupuncture

and Oriental Medicine). Bastyr University, Kenmore, Washington. Spring Quarter 2006.

2015-18 Multiple topics relevant to clinical research in the BRIDG program.

### **Advising and Mentoring**

#### **Masters and Doctoral Students**

- 1990-93 Member, Dissertation Committee, Cathy W. Critchlow, "Effect of Human Immunodeficiency Virus Infection and Immunosuppression on the Detection of Human Papillomavirus," Department of Epidemiology, School of Public Health and Community Medicine, University of Washington. Currently: Affiliate Professor, UW Department of Epidemiology and Associate Director, Global Epidemiology, Amgen Inc.
- 2001 Member, Thesis Committee, Jennifer Brennan, MD "The Role of Licensed Complementary and Alternative Medicine Providers in Women's Health," Department of Epidemiology, School of Public Health and Community Medicine, University of Washington. Currently, Acting Instructor, Acting Instructor, Department of Psychiatry & Behavioral Sciences, UW
- 2002-04 Chair, Thesis Committee, John Hyland, DC "Is Adherence to Exercise Recommendations Improved with Use of a Monitored Exercise Log," Department of Health Services, School of Public Health and Community Medicine, University of Washington. Currently, Senior Chiropractic Specialist for the National Board of Chiropractic Examiners (NBCE) in Greeley, CO
- 2011-14 Chair, Dissertation Committee, Sean Rundell. "The transition from acute low back pain to persistent pain and disability in older adults," Department of Epidemiology, School of Public Health and Community Medicine, University of Washington. Currently: Assistant Professor, Department of Rehabilitation Medicine, University of Washington, Seattle, WA.

#### **Other Mentored Students, Post-Doctoral and Faculty Fellows**

- 2001-03 Mentor for predoctoral fellow Patricia Herman (naturopathic medical student, Bastyr University). Project Title: "A Method for Describing and Evaluating Naturopathic Whole Practice". Went on to complete a PhD and is now a Research Scientist at RAND, Santa Monica, CA.
- 2003-04 Co-mentor for post-doctoral fellow Karen Ball, ND (Bastyr University). Project Title: A Survey of Remedies used by a Random Sample of Naturopathic Physicians in Connecticut and Washington". Currently in Private Practice
- 2002-07 Consultant tutor on acupuncture research methods for Remy Coeytaux, MD, Ph.D. (Faculty Member, Department of Family Medicine, University of North Carolina). K23AT001194 Award "Acupuncture for the Treatment of Headache". (2002-2007). Currently a faculty member at Wake Forest University.

- 2005-11 Consultant mentor on clinical trials for evaluating yoga for Robert B. Saper, MD (Faculty Member, Department of Family Medicine, Boston University). K07AT002915 Award “Academic Career Development in CAM Research and Education”. (2005-2011). Also a consultant mentor on his R01. Currently a faculty member at Boston University.
- 2007-08 Mentor for undergraduate Jung Kim in independent study project in epidemiology (Epi 499).
- 2009 Mentor for Master’s student, Juliane Strassl during her three month stay at the Group Health Research Institute where she completed her Master’s thesis, a systematic review of dance therapy.
- 2011-14 Technical mentor for Lesley Ward, PhD student, University of Otago, New Zealand on her Delphi process aim of her dissertation research.
- 2009-11 Technical Mentor for Diana Taibi, RN, PhD during resubmission of her K Award (Yoga for Osteoarthritis) and during submission of several grant proposals on the same topic. Currently Faculty at University of Washington.
- 2011-16 Consultant mentor on acupuncture clinical trials for Maria T. Chao, DrPH, MPH (Assistant Adjunct Professor, Osher Center, University of California, San Francisco). K01AT006545 Award. “Group Acupuncture for Painful Diabetic Neuropathy among Underserved Patients” (2011-2016).
- 2011 Mentor for David Diechert, ND, ARNP on research design in complementary medicine. We met periodically to discuss a series of readings that addressed critical topics in research design of studies in complementary medicine, based on large clinical trials and associated papers. Currently, in private practice.
- 2012 Mentor for Lilia Peng, post-baccalaureate student to introduce her to research skills. Received her ND degree from Bastyr University. Currently a resident naturopathic physician at Quest Center for Integrative Health, Portland, OR.
- 2012-15 Consultant mentor on yoga clinical trials for Sarah Corey, PhD (TRIM Postdoctoral Fellow, Osher Center, University of California, San Francisco).
- 2015-now General Mentoring Advice as well as advice on study design issues for BRIDG scholars, especially on BRIDG common projects and mind-body interventions.
- 2017-now Consultant mentor for Eric Roseen, DC (F32 Postdoctoral Fellow, Department of Family Medicine, Boston University), F32AT0009272 Award “Improving Care for Chronic Low Back Pain in Primary Care: Development of a novel Yoga Clinical Prediction Rule. (2016-2019).

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2018-now Consultant mentor for Dana Colgan, PhD, [Post-doctoral scholar in the Dept. of Neurology, Oregon Health Sciences University, Portland] with expertise in clinical trials of yoga. Current focus on assisting her in developing her K23 application.

2018-now Member of mentoring committee for Deanne Tibbits, PhD [Assistant Professor and Research Investigator, National University of Naturopathic Medicine, Portland] with expertise in clinical trials of yoga. Current focus on assisting her in developing her K23 application.

2018-now Primary mentor for Tamsin Lee, DAOM [T90 postdoctoral fellow in the BRIDG program] who is interested in mind-body medicine and acupuncture.